

RECIPES

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compiled and edited by Jane Weissman

FENNEL

BRAISED FENNEL

contributed by **Jerry Plueneke**, from *The Art of Simple Food* by Alice Waters

Trim fennel, removing stalks, root end, and coarse outer layer; retaining some of the leafy fronds. Slice bulbs horizontally. In a heavy bottomed pan, heat **1-2 c. water**. Add $\frac{1}{2}$ c. **white wine**, **fennel tops**, **4 sprigs thyme**, **4 sprigs savory** (winter or summer), **1 bay leaf**, $\frac{1}{2}$ tsp. **fennel seeds** (crushed with a hammer) and **salt**. Bring to a boil, reduce to a simmer, and add **3 Tbs. olive oil**. Add the **fennel** and cook, stirring occasionally until tender, about 10 to 12 minutes. Add a squeeze of **lemon juice**.

KALE

KALE SPREAD for crackers and bread

contributed by **Linda Lacchia**, adapted from *The Engine 2 Diet Book* by Rip Esselstyn.

Steam **1 bunch kale** (leaves rinsed, de-stalked and chopped) for 5 minutes or until tender but still very green. In a processor or blender combine **kale**, with $\frac{1}{2}$ c. **walnuts**, **1 clove garlic** (or some *garlic scape pesto*) and $\frac{1}{2}$ c. **water** from steaming. Add **salt** and **pepper** to taste. Process until smooth.

KALE CHIPS

Preheat oven to 350 degrees F. Line a cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves of **1 bunch kale** from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with **1 Tbs. olive oil** and sprinkle with **1 tsp. salt**. Optional: sprinkle on paprika, hot pepper flakes or grated Parmigiano. Bake until the edges brown but are not burnt, about 10-15 minutes.

ONIONS

SUPPER ONION PIE

contributed by **Richard Kelsey**

from *How to Be a Domestic Goddess: Baking and the Art of Comfort Cooking* by Nigella Lawson

Preheat the oven to 400 F. Filling: Peel **4 medium red onions**, halve them, then cut each half into 4 segments each. Heat **1 Tbs. olive oil** and **1 Tbs. butter** in the pan, then add the onions and cook over a medium heat, stirring regularly, for about 30 minutes; they should be soft and tinged with color. Season with **salt** and **pepper**, and add **3-4 sprigs othyme**, de-stalked. Turn into a 9-inch pie plate, buttered, or 8 to 10-inch cast-iron skillet. Sprinkle **2 oz. sharp cheese** (Cheddar or Gruyere) grated, over onions. Topping: Place **1 2/3 c. flour**, **1 tsp. baking powder**, and **1 tsp. salt** in a bowl with additional **3 oz sharp cheese**, grated. Pour $\frac{1}{2}$ c. **milk** into a large measuring cup and add **3 Tbs.**

melted butter, ½ **tsp. dry mustard**, and **1 large egg**, beaten. Mix well and pour into the flour mixture. Mix to a dough using a fork, a wooden spoon, or your hands; it should be quite sticky. Tip dough onto a work surface and press into a circle about the size of the pie dish. Transfer it to the dish, pressing it to seal the edges. Bake for 15 minutes. Turn down to 350 F. and bake additional 10 minutes. Dough should be golden and crisp on top. Let it stand for a couple of minutes, then cover with a large plate and turn upside-down. Place on a flat surface and remove the dish. Serves 6

RIGATONI WITH FIVE LILIES (vidalias, red onions, leeks, scallions & chives)
contributed by **Jennifer Desmond**, from *The Babbo Cookbook* by Mario Batali

In a large skillet, heat **2 Tbs. olive oil** (or 1 part olive oil to 3 parts chicken or veggie stock to cut down on oil) over medium heat. Add **1 lb. sweet onions**, quartered and sliced, and cook over low heat, stirring often, until softened and translucent. Raise the heat to medium and cook until deeply golden and caramelized. Transfer the onions to a bowl and set aside. In the same skillet, melt **2 Tbs. unsalted butter**. Add **5 medium garlic cloves**, minced, ½ **lb. leeks**, cut into 1/8-inch rings and washed, ½ **lb. red onions**, quartered and sliced, **1 bunch scallions**, trimmed and cut into 2-inch lengths. Cook until very soft and golden. Add ½ **c. water or stock**, and cook until the liquid evaporates. Season lightly with **salt** and **pepper**. Remove from the heat, and *stir in the sweet onions*. Cook the rigatoni until tender but al dente. Drain and add pasta to the onion mixture, tossing over medium-high heat for 1 minute. Serve immediately, topped with **4 oz. ricotta salata**, coarsely grated, ¼ **c. Italian parsley**, finely chopped, ¼ **c. chives**, finely chopped. **Salt** as needed. Finish with quick squeeze of **lemon**. Serves 4 (entrée) or 6 (appetizer).

FIG TART WITH CARAMELIZED ONIONS, ROSEMARY AND STILTON
contributed by **Carol Steinberg**, from *The New York Times* (September 30, 2009)

Preheat oven to 400 degrees. Line an 11 by 17-inch baking sheet with parchment paper. On a lightly floured surface, roll out ¾ **lb. prepared puff pastry** to a 9 x 12-inch rectangle. Transfer to baking sheet. In a large skillet, melt **2 Tbs. butter** with **2 Tb. olive oil** over low heat. Add **2 large onions** (1½ lb.), halved lengthwise and thinly sliced, **1 sprig rosemary**, and a **pinch sugar**. Cook, tossing occasionally, until onions are limp and golden brown, 30 to 40 minutes. Stir in **1 tsp. sherry vinegar**, scraping any browned bits from bottom of pan. In a small bowl, whisk together ¼ **c. milk** and **1 egg** until smooth. Stir in the onions. Use a fork to spread onion mixture evenly over pastry (let excess egg mixture drip back into bowl), leaving a 1-inch border. Stem and halve lengthwise **1 pt. figs** (¾ lb.) and arrange, cut-side up, in even rows on onion mixture. Scatter **6 Tbs. Stilton cheese** (1½ oz.), crumbled, and **2 Tbs. pine nuts** over figs. Use a pastry brush to dab edges of tart with egg mixture. Gently fold over edges of tart to form a lip and brush with more egg mixture. Bake until pastry is puffed and golden, 25 to 30 minutes. Serve, sprinkled with **rosemary** needles and drizzled with **honey**, if desired, warm or at room temperature. Serves 8.

SWISS CHARD

SWISS CHARD WITH APPLES AND DRIED CHERRIES
contributed by **Julie Resnick**, from www.allthingslocalamagansett.blogspot.com, *Julie's blog—inspired by her experiences at QHF where eating local & in-season became a new way of life for her and her family.*

Sauté **2 medium yellow onions**, sliced, in **2 Tbs. olive oil** until brown. Add **2 apples**, peeled and thinly sliced, and continue to cook until the apples are also brown. Fold in **1 bunch Swiss chard**,

chopped, and stir until wilted. Remove from heat and drizzle in **balsamic vinegar**. Top with **dried cherries** and season with **salt** and **pepper**.

TOURTE AUX BETTES (SWISS CHARD TART)

contributed by **Barbara DiLorenzo**, from *The New York Times*

Preheat the oven to 400 degrees F. For the pastry: Combine **2 c. unbleached flour** and $\frac{1}{2}$ **tsp. salt** in a medium-size bowl. Stir in $\frac{1}{2}$ **c. water**, then $\frac{1}{2}$ **c. olive oil**, mixing until thoroughly blended. Knead briefly. The dough will be very moist, much like a cookie dough. Press the dough into a 10 $\frac{1}{2}$ -inch metal tart tin with a removable bottom. For the filling: Wash and dry the green leafy portion **1 lb. Swiss chard** (or substitute spinach) discarding the center stem. Chop leaves and place in a large, shallow frying pan. Season with **salt** and **pepper**. Over low heat, wilt the chard and cook until most of the liquid has evaporated. Combine **3 large eggs** and **1 c. grated Parmigiano** in a medium-size bowl and mix until thoroughly blended. Stir in the chard. Mix well, then pour the vegetable mixture into the prepared tart tin. Bake until the crust is golden and the chard mixture is firm and browned, about 40 minutes. Remove from oven to cool. Serve at room temperature. Serves 6 to 8.